

(19) World Intellectual Property  
Organization  
International Bureau



(43) International Publication Date  
23 June 2005 (23.06.2005)

PCT

(10) International Publication Number  
**WO 2005/055911 A3**

(51) International Patent Classification<sup>7</sup>: **A63B 21/00**

(21) International Application Number:  
PCT/US2004/040503

(22) International Filing Date: 3 December 2004 (03.12.2004)

(25) Filing Language: English

(26) Publication Language: English

(30) Priority Data:  
60/526,592 4 December 2003 (04.12.2003) US  
60/565,872 28 April 2004 (28.04.2004) US

(71) Applicant and

(72) Inventor: **DISE, David** [US/US]; 710 Farnham Drive,  
Richmond, VA 23236 (US).

(74) Agents: **WHITHAM, Michael, E.** et al.; Whitham, Curtis  
& Christofferson, P.C., 11491 Sunset Hills Road, Suite 340,  
Reston, VA 20190 (US).

(81) Designated States (*unless otherwise indicated, for every  
kind of national protection available*): AE, AG, AL, AM,  
AT, AU, AZ, BA, BB, BG, BR, BY, BZ, CA, CH, CN,  
CO, CR, CU, CZ, DE, DK, DM, DZ, EC, EE, EG, ES, FI,

GB, GD, GE, GH, GM, HR, HU, ID, IL, IN, IS, JP, KE,  
KG, KP, KR, KZ, LC, LK, LR, LS, LT, LU, LV, MA, MD,  
MG, MK, MN, MW, MX, MZ, NA, NI, NO, NZ, OM, PG,  
PH, PL, PT, RO, RU, SC, SD, SE, SG, SK, SL, SY, TJ, TM,  
TN, TR, TT, TZ, UA, UG, US, UZ, VC, VN, YU, ZA, ZM,  
ZW.

(84) Designated States (*unless otherwise indicated, for every  
kind of regional protection available*): ARIPO (BW, GH,  
GM, KE, LS, MW, MZ, NA, SD, SL, SZ, TZ, UG, ZM,  
ZW), Eurasian (AM, AZ, BY, KG, KZ, MD, RU, TJ, TM),  
European (AT, BE, BG, CH, CY, CZ, DE, DK, EE, ES, FI,  
FR, GB, GR, HU, IE, IS, IT, LT, LU, MC, NL, PL, PT, RO,  
SE, SI, SK, TR), OAPI (BF, BJ, CF, CG, CI, CM, GA, GN,  
GQ, GW, ML, MR, NE, SN, TD, TG).

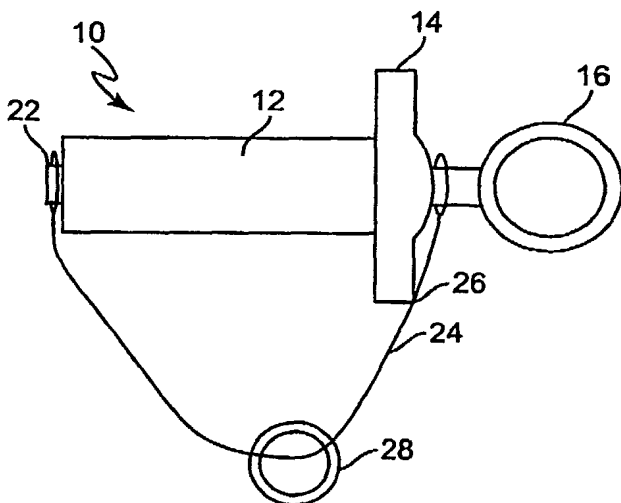
**Published:**

- with international search report
- before the expiration of the time limit for amending the  
claims and to be republished in the event of receipt of  
amendments

(88) Date of publication of the international search report:  
6 October 2005

*For two-letter codes and other abbreviations, refer to the "Guid-  
ance Notes on Codes and Abbreviations" appearing at the begin-  
ning of each regular issue of the PCT Gazette.*

(54) Title: A SIX-WAY WRIST AND FOREARM ATTACHMENT



(57) Abstract: A wrist and forearm attachment for use with either a resistance machine, such as a weight stack and cable device, or resistance device, such as an elongated elastic strap securable to a base, preferably includes a handle with a first connector secured to one end, and a strap which is connected to or connectable to the handle which includes a second connector. The first and second connectors are securable to the resistance machine or device for allowing various conditioning or rehabilitation exercises to be performed. The handle preferably is long enough to accommodate a user's hand at different locations or to accommodate both hands of the user. The handle ideally is rotatable about its longitudinal axis to allow a free range of motion when exercises and conditioning is being performed. Preferably, the handle includes a guard on at least one end to protect the user's hand from being pinched by straps or cabling during stretching and conditioning.

WO 2005/055911 A3